

Jenny Craig's **most personalized** way to lose weight.

Jenny Craig®

METABOLIC MAX PROGRAM

CALORIES CONSUMED



We've always monitored calories in. Our simple-to-follow menus make it easy to enjoy delicious, nutritionally balanced foods that you love. There's no need to count points, ever.

CALORIES BURNED



Now we're measuring calories out! With the BodyMedia FIT™ Armband, you can track the calories you burn—whether you're lifting weights or lifting groceries.

That's how the new Metabolic Max program works. See for yourself how the caring support of your consultant combined with the latest technology makes your Jenny Craig journey even more rewarding.



With the **Metabolic Max Program**, our newest Premium Program, you can track calories going in and measure calories burned. It's more than just a different take on an old idea—it's a whole new program personalized to your metabolism.

can join Jenny Craig and receive:

- **FREE 30-Day Trial Program***
- **25% off a Premium Program***

*Food and, if applicable, shipping not included. Offer applies to initial membership fee only and is valid at participating U.S., Canada and Puerto Rico centres and through Jenny Craig At Home. Each offer is a separate offer and can be used only once per person. Restrictions apply.

1. **Visit**
2. Complete the online form and print your special offer coupon.
3. Call **1-877-Jenny70** to find your nearest Jenny Craig Centre or to enroll in the Jenny Craig At Home program.



METABOLICMAX PROGRAM OPTIONS

Jenny Craig In Centre

Standard Program Features

- Personal Consultant
- One-on-One Personalized Weight Loss Consultations
- Weekly Personalized and Planned Weight Loss Menus
- Weekly Personalized Activity Plan
- Personalized Motivation Plan
- Strategies and Analysis Developed from YourStyle® Profile
- 24/7 Jenny Care Support
- Free Use of eTools through jennycraig.com
- Complimentary Success Made Simple Guide
- Unlimited Access to a Library of Educational Webisodes from our Program Experts

1-Year Metabolic Max

Additional Program Features

- Two Friends and Family Guest Passes – up to a \$500 Value
- Free *Dining Out Success Guide*
- Free Reusable Grocery Bag
- Free Freezer Bag
- Free *Weight Loss Success Manual*
- Free *Maintenance Mastery Manual*
- Free *Pocket Guide to the Volumetrics® Approach*
- Personalized One-on-One Maintenance Consultations
- Guidance with Halfway Menu Planning
- 52 Weeks of Support
- BodyMedia FIT™ Armband
- Six Months Subscription to BodyMedia Activity Manager Website

Metabolic Max Privileges

- Starting Privileges: \$50 off First Week of Jenny's Cuisine®
- Halfway Privileges: \$50 off Jenny's Cuisine® Purchase upon Reaching Halfway Weight
- Maintenance Privileges: Receive 50% of Your Initial Program Fee Back After Maintaining Your Goal Weight (Within 5 Pounds) for One Year and Completing 12 Consecutive Monthly Maintenance Consultations
- 10% off Weight Loss (Non-Food) Products

Jenny Craig At Home

Standard Program Features

- Personal Consultant
- One-on-One Personalized Weight Loss Consultations
- Weekly Personalized and Planned Weight Loss Menus
- Weekly Personalized Activity Plan
- Personalized Motivation Plan
- Strategies and Analysis Developed from YourStyle® Profile
- 24/7 Jenny Care Support
- Free Use of eTools through jennycraig.com
- Complimentary Success Made Simple Guide
- Unlimited Access to a Library of Educational Webisodes from our Program Experts

6-Month Metabolic Max

Additional Program Features

- Free *Dining Out Success Guide*
- Free *Weight Loss Success Manual*
- Free *Maintenance Mastery Manual*
- Free *Pocket Guide to the Volumetrics® Approach*
- Personalized One-on-One Maintenance Consultations
- Guidance with Halfway Menu Planning
- 26 Weeks of Support
- BodyMedia FIT™ Armband
- Six Months Subscription to BodyMedia Activity Manager Website
- Option to order your food in 2-week or 4-week increments*

Metabolic Max Privileges

- Starting Privileges: \$25 off First Week of Jenny's Cuisine®
- Halfway Privileges: \$50 off Jenny's Cuisine® Purchase upon Reaching Halfway Weight
- Maintenance Privileges: Receive 50% of Your Initial Program Fee Back After Maintaining Your Goal Weight (Within 5 Pounds) for One Year and Completing 12 Consecutive Monthly Maintenance Consultations
- 10% off Weight Loss (Non-Food) Products

*Shipping charges apply.

For information call us at **1-877-Jenny70**

